



# OPPORTUNITY LEAVE SAFETY TRAINING



WINTER 2012 OPPORTUNITY LEAVE



# Agenda

- POV Safety
- Cold Weather Driving
- Motorcycle Safety
- Drinking and Driving
- Distracted Driving / Situational Awareness
- Alcohol and Drug Abuse Prevention
- Suicide Prevention
- Cold Weather Injury
- Fire Arms Safety
- Safety Tips





# Impact of Fatigue & Alcohol

- Since FY06, there have been over 196 reported accident cases where fatigue was a contributing factor
- Fatigue slows reaction times, leads to higher incidence of workplace and traffic accidents, and is evident when one is taking mini-naps or nodding off repeatedly



- Since FY06, there have been 308 accident cases where alcohol was contributing factor to the accident
- Alcohol consumption:  
IMPAIRED JUDGMENT + POOR VISION  
+ DELAYED/SLOW REACTION TIME =  
MISHAP/ACCIDENT



# Privately Owned Vehicle and Privately Owned Motorcycle Accidents





# Driving Trivia Questions

## True or False?

- Alcohol is the number one violation observed in fatal PMV 4 (Auto/Sedan, SUV, Truck, or Van) accidents
- The “other guy” is the primary cause of accidents involving motorcycles
- Excessive speed is commonly a factor in accidents involving recreational vehicles



# Driving Trends



## PMV 4

Auto/Sedan, SUV, Truck, or Van

- 68% are Junior Enlisted (E1-E4)



## PMV 2

Motorcycle (Street bike)

- 68% are Leaders (E5-O5)



## Recreational Vehicles

ATV, Dirt bike, or Snowmobile

- 62% are Leaders (E6-E9)



## Violations

- Excessive Speed
- No Seat Belt
- Alcohol

- Excessive Speed
- No MSF Training
- No/Improper PPE

- Excessive Speed
- Lack of Training
- No/Improper PPE



# Driving Fatigued

There are several warning signs of fatigue; however, individuals often don't understand them or worse yet, choose to ignore them.

## Who is Most at Risk?

Especially at risk are drivers who are:

- Sleep-deprived or fatigued
- Driving long distances without rest breaks
- Driving through the night, the early afternoon, or at other times when normally asleep
- Taking medication that increases drowsiness or drinking alcohol
- Driving alone on long roads without much change in scenery

## Warning Signs

Drivers as well as passengers should look for the warning signs of fatigue, such as:

- Can't remember the last few miles driven
- Drifting from lane or hitting a rumble strip
- Yawning repeatedly
- Have difficulty focusing or keeping eyes open
- Tailgating or missing traffic signs
- Trouble keeping head up



# On average, we lose 69 Soldiers to off-duty automobile (PMV4) accidents every year



- PMU 2 / Rec Veh (Operating / Riding On)
- Water Related Activities
- Pedestrian
- Privately Owned Weapons
- Other



# POV SAFETY TIPS

## INSPECTION

- Follow all manufacturer's guidelines for vehicle maintenance and checks
- Check Fluid Levels – Engine Oil, Anti-Freeze, Power Steering, Brake Fluid
- Check Engine – Belts, Hoses, Battery
- Check Tires – Air Pressure and Wear (Spare tire too)
- Check Lights – Turn/Emergency Signals, Head Lights (High and Low Beam) and Running Lights





# POV SAFETY TIPS

## INSPECTION - CONTINUED

- Check Interior – Seat Belts, Mirrors, Windows, Gauges, Child Seat (Remove/Stow Loose Items to prevent distractions and projectile hazards)
- Familiarize and teach your family with all emergency tools BEFORE your trip i.e. jacks, flare usage, triangle placement, flashlight usage, shovel, first aid kit, tire chains, GPS device. Seek professional assistance if unsure how to use emergency tools



# POV SAFETY TIPS

## PLANNING YOUR TRIP

- Soldiers are required to complete TRiPS on the CRC website
- Check Maps – Use current maps to plan your route
- Check Road Conditions – Use the internet and other media devices
- Check Weather Conditions – Before and During your trip
- Rest – Be well rested prior to leaving – Plan for frequent rest stops, rotate driving responsibilities



# **POV SAFETY TIPS**

## **PLANNING YOUR TRIP - CONTINUED**

- Emergency cash or credit cards
- Hotel reservations or listings of preferred hotels along route
- Carry any medical paperwork and medicine for all family members
- Plan for fuel stops well in advance. Recommend re-fuel stops at or before  $\frac{1}{4}$  tank
- If bringing pets, bring leash, kennel, papers, dog tags, food, water, and medications





# POV SAFETY TIPS

## PLANNING YOUR TRIP - CONTINUED

- Have your emergency contact list in your vehicle i.e. Triple A roadside services, vehicle repair services, automobile insurance numbers and others as needed
- **Let someone know where you are going, your planned route, expected time of arrival/return**



# 20 Most Dangerous Roads



Here are the 20 most dangerous roads grouped by county based upon a Scripps Howard News Service study of 562,712 fatal vehicle accidents reported to the U.S. Department of Transportation from 1994 to 2008.

County	Road	Crashes	Deaths
San Bernardino, CA	I-15	834	1,069
Riverside, CA	I-10	440	517
Los Angeles, CA	I-5	434	494
Mariposa, AZ	I-10	382	466
Clark, NV	I-15	390	466
San Diego, CA	I-5	348	382
Palm Beach, FL	I-95	327	368
Los Angeles, CA	I-10	299	327
Harris, TX	I-45	288	320

County	Road	Crashes	Deaths
Cook, IL	I-94	271	301
San Diego, CA	I-8	257	297
Pinal, AZ	I-10	246	295
Kern, CA	I-5	230	283
Harris, TX	I-10	246	283
San Bernardino, CA	I-40	221	221
Broward, FL	I-95	256	256
Riverside, CA	I-15	237	271
Dallas, TX	I-35	249	271









# POV SAFETY TIPS

## TRAVELING

- All occupants wear seat belts (Child Car Seat)
- Keep head lights on at all times
- Make frequent rest stops or pull off of the road if you are tired
- Listen to local radio stations for road and weather conditions
- Reduce speed and allow for more braking room in rain, sleet snow, heavy traffic and in hours of darkness
- Pull off to a secure and safe area in severe weather conditions



# POV SAFETY TIPS

## TRAVELING

- Pull off to a secure and safe area in severe weather conditions
- If you break down, pull as far off of the road as safely possible, do not venture away from your vehicle
- Do not travel on unimproved roads
- Do not use your cell phone while driving (IT'S THE LAW)
- Avoid eating when driving
- **Never drink alcohol when driving**
- Never keep pets in the front seat



# POV SAFETY TIPS

## TRAVELING - CONTINUED

- **Road Rage** – Stay calm, do not engage other drivers, do not tailgate, do not race to the next stop
- Speed Limits – Watch your speed
- Do not become a distracted driver – Keep hands on the wheel and eyes on the road, remove all distractions from the driver's compartment
- Allow plenty of time to make it to your destination and back



# **POV SAFETY TIPS**

## **RECOMMENDED SAFETY ITEMS FOR YOUR AUTO**

- Map of the area
- Flashlight with extra batteries and/or Chem-Lights
- Snow brush or Ice Scraper
- Cat Litter for tire traction
- Spare Tire w/Jack (full tire preferred)
- Small E-Tool or shovel
- Blanket, Warm Clothing, Gloves, Hat/Beanie for each person





# POV SAFETY TIPS

## RECOMMENDED SAFETY ITEMS FOR YOUR AUTO - CONTINUED

- First-Aid Kit
- Safety Triangles or Flares
- Tire chains
- Cell Phone with car charger
- Small assortment of tools and duct tape
- Drinking water for each person and snacks
- GPS device
- Extra water/antifreeze, brake fluid, power steering fluid and oil for vehicle



# POV SAFETY TIPS

## Driving in Cold/Wet Weather

- Accelerate and decelerate slowly.
  - Applying the gas slowly is the best method for maintaining traction and avoiding skids.
  - Gradually slow down for stoplights.
  - Remember, it takes longer to slow down on icy roads.
- Drive slowly.
  - Everything, whether it's accelerating, stopping or turning, takes longer on snow-covered roads than on dry pavement.
  - Increase your following distance to eight to 10 seconds to provide more room to stop in both snow and rain.
- Know your brakes.
  - Whether or not you have antilock brakes, the best way to stop is threshold braking.
  - Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.



# POV SAFETY TIPS

## Driving in Cold Weather (Continued)

- Don't stop if you can avoid it.
  - It's a lot harder to overcome the inertia of a stopped vehicle than one that is still slowly rolling.
  - If you can slow down enough to keep rolling until a traffic light changes, do it.
- Don't power up hills.
  - Applying extra gas on snow-covered roads just starts your wheels spinning.
  - Try to get a little inertia going before you reach the hill and let it carry you to the top.
  - As you reach the crest of the hill, reduce your speed and proceed downhill as slowly as possible.
- Don't stop while going uphill.
  - There are few things more difficult than trying to get moving uphill on an icy road.





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# POV SAFETY TIPS

## Driving in Cold Weather (Continued)

- If you really don't have to go out, don't.
- Even if you can drive well in the snow or in the rain...not everyone else can.

**Don't tempt fate: If you don't have somewhere you have to be, watch the snow and rain from indoors.**



# Motorcycle Safety



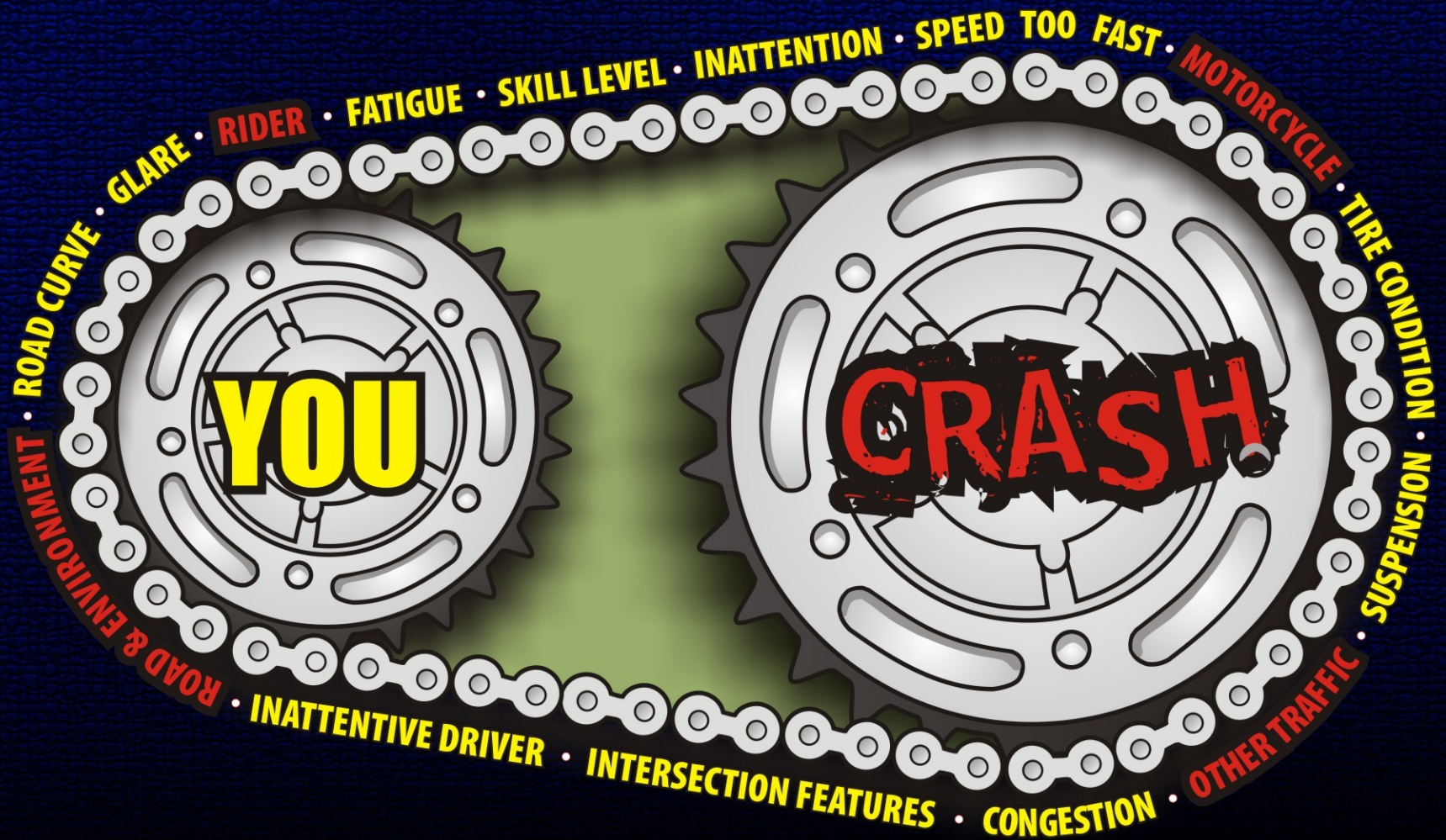


# U.S. Army Motorcycle Safety





# Crash Chain





# FY10 Motorcycle Fatalities

## Deployment History

Days Since Redeployment	Total	Percent of Total
< 30 Days	0	0
30-90 Days	2	5
91-180 Days	6	15
181-365 Days	3	8
> 365	16	41
No Deployment	11	28
Mid-Deployment	1	3
Total	39	100

As of 29 March 2011



# Motorcycle Rules of Engagement

*Rules apply to both on & off duty; on & off the installation*

## AR 385-10, paragraph 11-9b Motorcycle Training

- Prior to operation of any motorcycle, Army personnel will successfully complete a Motorcycle Safety Foundation (MSF) or MSF based approved motorcycle rider safety course
- Commanders are not authorized to waive or defer the training
- Skills – Riding is a perishable skill with little room for error. Practice, practice, practice. When you think you have it down . . . practice some more. Join your unit's mentorship program. Learn from other's mistakes!
- PPE must be worn at all times





# Progressive Motorcycle Program

- Basic Rider Course (BRC)
- Experienced Rider Course (ERC)
- Military Sportbike Rider Course (MSRC)
- Motorcycle Refresher Training (MRT)
- One Hour College Credit for BRC, ERC and MSRC
- Progressive Training





# What PPE should I look for?

## What's required?



- 1** Helmets, certified to meet DOT Standards. Helmets are considered the single most important item of PPE.
- 2** Impact or shatter resistant goggles, wraparound glasses, or fullface shield.
- 3** Sturdy footwear, leather boots or over the ankle shoes.
- 4** A long sleeved shirt or jacket, long trousers, and full fingered gloves or mittens designed for use on a Motorcycle.

What can happen if you don't have the right gear?



For additional information ref AR 385-10 Chapter 11 para 11-9 d



# ATV Safety Tips

- ATVs are NOT toys, get training
- ATGATT: “All The Gear, All The Time”
- Never ride alone and always tell someone where you are going and when you will return
- Always supervise young operators
- Never carry extra riders
- Read the owner’s manual carefully
- Be careful when operating ATVs with added attachments; these affect the stability, braking and operation of the ATV
- Never operate ATVs on streets, highways or paved roads, except to cross at safe, designated areas
- Always make sure the ATV is in good condition; check tires and wheels, braking and steering regularly
- Check locals laws
- Ride only in approved areas





**On average, we lose 44 Soldiers to  
off-duty motorcycle (PMV2) and  
recreational vehicle accidents every year**



- Water Related Activities
- Pedestrian
- Privately Owned Weapons
- Other



# Winter Motorsports



**For Street Bikes, Dirt Bikes, ATV's and Snow  
Mobiles**





# Topics

- Hypothermia/Frostbite
- Gearing up
- Cold Weather Riding
- Winterization/Storage

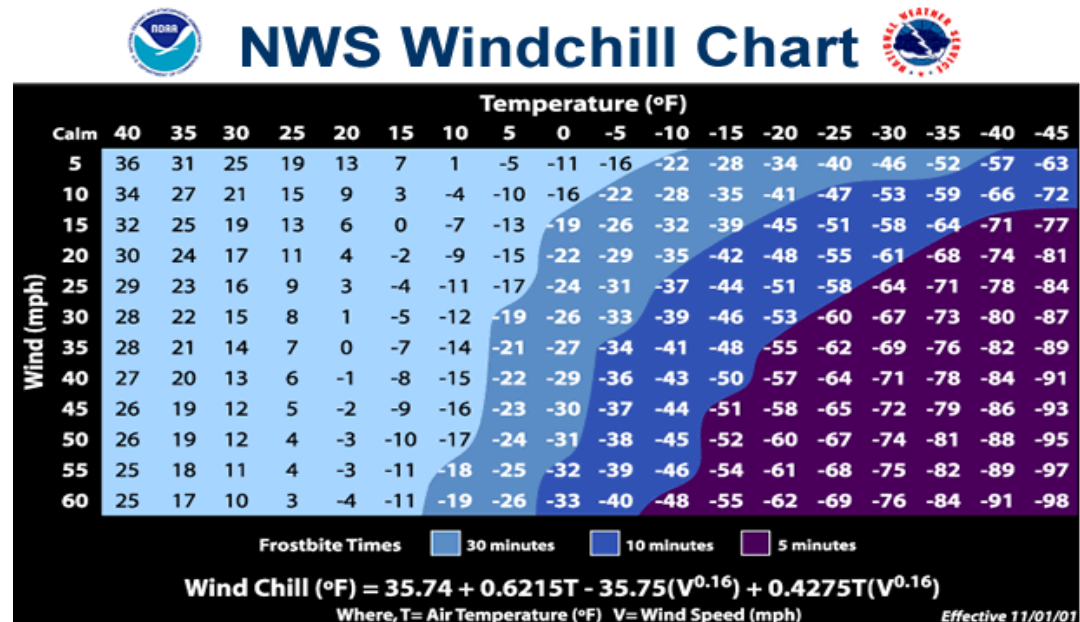






# Hypothermia

- Abnormally low body temperature (below 95F)
- Caused by extended exposure to cold temperatures or a damp environment
- Common among motorcyclists due to wind chill





# Symptoms of Hypothermia

- Symptoms of hypothermia include:
  - Shivering
  - Lack of Coordination
  - Drowsiness
  - Confusion
  - and more



**\*People are often unaware that hypothermia is setting in!**





# Frostbite

- Soft tissue injury due to prolonged exposure to freezing temperatures, usually to fingers, ears, toes and nose.
- Tissues can appear white or grayish-yellow, may be hard or waxy feeling. Skin may also itch, burn or feel numb.
- If frostbite is suspected, gradually warm the affected area using warm water if available, drink warm non-caffeinated liquids, gently dry, bandage and elevate the affected area and seek medical attention.



# Cold Weather Injury Prevention

- Measures to avoid cold weather injuries:
  - Keep warm! Limit exposure to the cold
  - Quickly change out of wet clothing
  - Keep the body moving to maintain blood flow
  - Avoid alcohol and tobacco products
  - Drink warm non-caffeinated fluids
  - Be aware of the signs and symptoms of hypothermia/frostbite
- **Wear the appropriate gear!!**







# Gearing up!

## Proper PPE is essential for safe riding

- DOT-Approved helmet
- Long sleeve, brightly covered upper garment (reflective at night)
- Long pants
- Sturdy, over-the-ankle boots
- Full-fingered gloves
- Eye Protection
- Additional Items for dirt bike/ATV: neck brace, shin guards

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# Gearing up!

**When selecting clothing for cold weather activities,**

**DRESS IN LAYERS!**

- Wicking base layer to keep moisture from skin
- Insulating layer(s) for warmth
- Outer shell to protect from wind, rain and snow
- Heated gear is an option for cold weather riding



# Protecting the Extremities

Your body's extremities, your head, hands and feet are extremely efficient at dissipating excess heat and can be very difficult to keep warm.

- The Hands
  - Look for gloves with thin, efficient insulation, a waterproof/breathable membrane and a leather or nylon shell. Don't forget that you must be able to move your fingers freely to operate the controls. Liners and heated handgrips can help.
- The Feet
  - Use socks that wick moisture away from the skin (avoid cotton). Look for warm, waterproof boots that provide the necessary protection. Boots should not be too tight.
- The Head
  - Use a thick, wind resistant neck gaiter. Fleece is a good option. A balaclava can help keep the head and face warm. A full-face helmet provides the best protection from the wind and elements.





# Riding in the Snow

## When possible, Avoid It!

- If the motorcycle is in a safe place when snow starts, the rider would be better off to stay put. But if you have to ride:
  - Avoid sudden movements
  - Avoid abrupt acceleration/deceleration
  - Minimize lean angle
  - Try to avoid ice, coast over it if necessary





# Winterization/Storage

**Its important to winterize your bike if it will be sitting for more than 60 days**

- Winterizing the bike is eas  
cheap insurance that it wi  
be protected and ready to  
go when the winter  
or deployment is over.





# Winterization/Storage

## Steps to winterize/store your motorcycle

- Wash and dry the bike to protect the finish
- Top off the tank and add a fuel stabilizer
- Consider an oil change prior to storage
- Place approximately one teaspoon of oil into the cylinders through the spark plug holes. Hold wires away and then press the starter for a few seconds to spread the oil
- Remove the battery from the bike. Vaseline can protect the terminals
- Place plywood or carpet under bike if storing on concrete and use the center stand or blocks to remove weight from the wheels
- Cover the tail pipe and air intakes to prevent pests from entering the bike



# **Suicide Prevention & Alcohol and Drug Abuse Prevention**



# Suicide Prevention

KNOWLEDGE SAVES LIVES!

Know the SIGNS.

ASK questions.

VALIDATE the individual's experience.

ENCOURAGE treatment and expedite a referral.



# Signs of Suicidal Thinking

- Threatening to hurt or kill themselves.
- Looking for ways to kill themselves.
- Seeking access to pills, weapons or other means.
- Talking or writing about death, dying or suicide.
- Hopelessness. (Giving away possessions.)
- Rage, anger or seeking revenge.
- Acting reckless or engaging in risky activities, seemingly without thinking.



# Signs of Suicidal Thinking

- **Feeling trapped-like there is no way out.**
- **Increasing drug or alcohol abuse.**
- **Withdrawing from friends, family and society.**
- **Anxiety, agitation, unable to sleep or sleeping all the time.**
- **Dramatic changes in mood.**
- **No reason for living, no sense of purpose in life.**





# Asking Questions

Ask questions in a conversational, non-threatening way. Remember the basic steps for asking questions:

- **Remain calm.**
- **Listen more than you speak.**
- **Maintain eye contact.**
- **Act with confidence.**
- **Don't argue.**
- **Use body language that is open.**



# Asking Questions

- When asking questions, limit them to gathering information casually.
- Use supportive and encouraging comments.
- Stay non-judgmental.
- Be as honest as possible – don't make promises you can't keep!!!!



# How to ask “The Big Question”

“Have you thought about killing yourself?”

- Ask after you have enough information to reasonably believe the individual is suicidal.
- Let them know you understand their situation (pain, because of unsuccessful treatment, loss of job)
- Let them know a lot of individuals have similar thoughts and are they having those same thoughts.





# How not to ask the “Question”

- Don't talk with the individual for two minutes and just blurt out, “So are you going to kill yourself or what?”
- Don't ask the question as though you are looking for the answer you want, “You aren't thinking of killing yourself are you?”
- Don't ask the question as a statement, “My God, are you going to kill yourself.”



# Summary

- **Soldiers face a higher risk just from the nature of your job.**
- **Learn and know the signs.**
- **Ask questions in a conversational, non-threatening way.**
- **Know how to and not to ask the “Big Question.”**
- **Learn and know the signs of suicidal thinking.**
- **Expedite the referral, encourage treatment and get the individual help!!!!!!**





# Cold Weather Injury Prevention







# Cold Weather Injury Preventic..

- Whether they work inside a heated building or stay outside for long periods of time, all members of our Army team must be aware of the hazards of cold weather.
- Training for and preventing cold injuries is a command and leadership function, as well as a personal responsibility for every Soldier, Family member and Civilian.
- And while the cold makes job-related tasks more difficult, it does not make them impossible.
- The key to overcoming harsh conditions and successfully completing the mission lies with understanding cold weather injuries and how to prevent them.



# Frostbite

- Frostbite is the freezing of skin tissue that can extend through all layers of the skin and freeze muscle and bone.
- Frozen skin may turn red and then gray-blue with blisters. In the worst cases, the skin dies and turns blue-black; at this stage, amputation is often required.
- Deep frozen skin feels “wooden” to the touch with zero mobility of the affected body part.
- Instantaneous frostbite can occur when skin comes into contact with super-cooled liquids including petroleum, oils and lubricants, antifreeze and alcohol, all of which remain liquid at temperatures as low as minus 40 F.





# Frostnip

- Frostnip is the freezing of the top layers of the skin and is considered the first degree of frostbite.
- Frostnip usually results from short-duration exposure to cold air or contact with a cold object like metal.
- Exposed skin such as the cheeks, ears, fingers and wrists are more likely to develop frostnip.



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# Chilblains



- Chilblains is a nonfreezing cold injury that results from repeated, prolonged skin exposure to cold and wet (high humidity) temperatures above freezing.
- Exposed skin becomes red, tender and hot to the touch and is usually itchy. These symptoms can worsen to an aching, prickly (pins and needles) sensation and then numbness.
- Chilblains can develop in exposed skin in only a few hours. The most commonly affected areas are the ears, nose, fingers and toes.



# Immersion Foot/Trench Foot

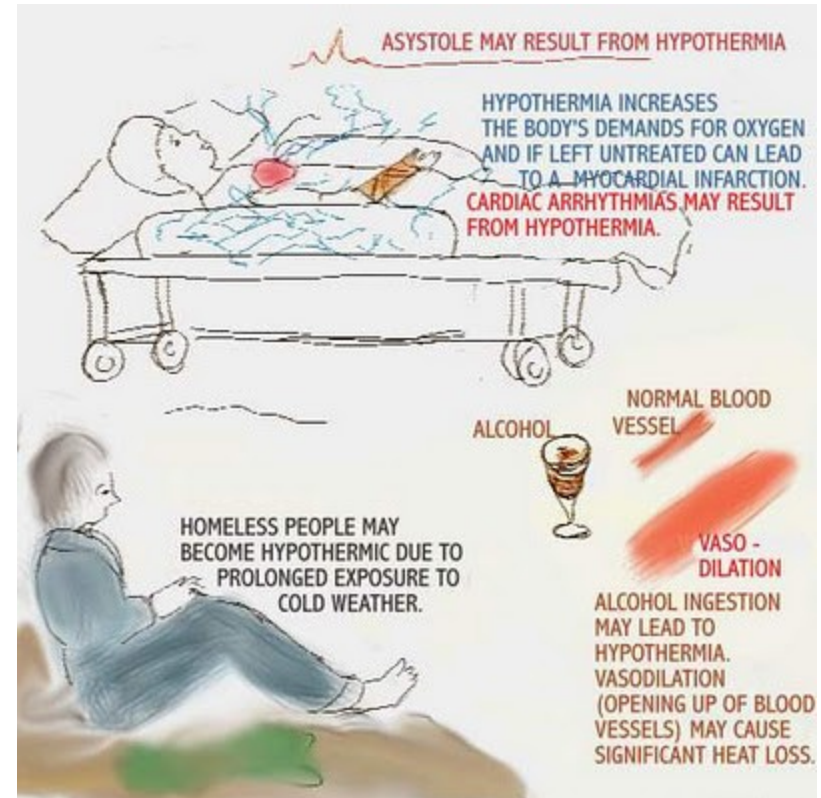


- Immersion foot is a nonfreezing injury that results from prolonged exposure to wet conditions between 32 F and 60 F or inactivity with damp socks and boots.
- Immersing feet in cold water, infrequent changing of socks, poor hygiene and allowing sweat to accumulate in boots or gloves will soften the skin, causing tissue loss and often infection.



# Hypothermia

- Hypothermia is a potential life-threatening condition defined as a general cooling of the body's core temperature below 95 F (normal body temperature is 98.6 F).
- Hypothermia occurs when body heat loss exceeds heat production due to prolonged cold exposure.
- Although hypothermia is usually associated with cold climates, it can occur at temperatures well above freezing, especially when a person is exposed to wet conditions for an extended period of time.







# Dehydration

- Dehydration, most commonly associated with hot weather, is a lack of water in the body.
- It is very easy to become dehydrated in cold weather, and many individuals fail to drink enough liquids and underestimate fluid loss from sweating.
- Proper hydration is especially important in cold weather because dehydration adversely affects the body's resistance to the cold, increasing the chance of injury.



# Fire Arms Safety



**On average, we lose 7 Soldiers to  
off-duty pedestrian accidents  
every year**



- Privately Owned Weapons
- Other



# Negligent Discharge

The unintentional discharge of a weapon.





# Off-Duty Weapons Handling

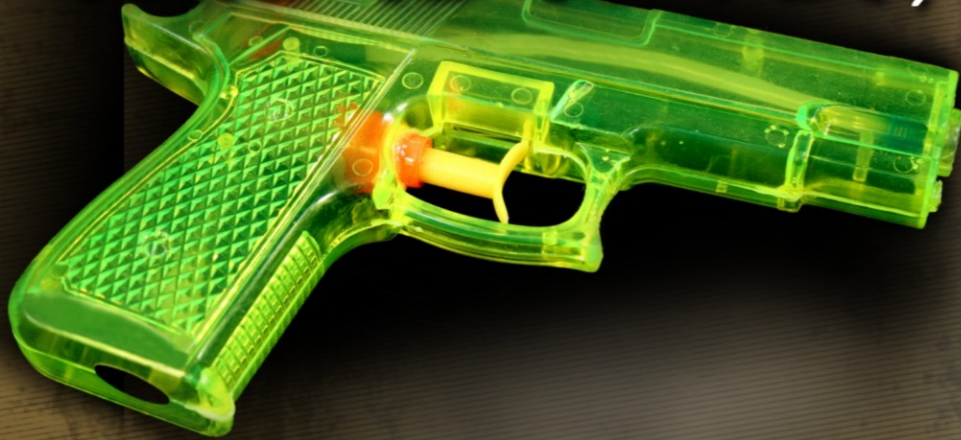
## Trends & Prevention Measures

- **Soldiers intentionally pointing “unloaded” weapons at themselves or others**
  - *Treat every weapon as if it is loaded and NEVER point the muzzle at anything you don’t intend to shoot*
- **Alcohol a factor in many of the accidents**
  - *Do not handle weapons while or after consuming alcohol*
- **Complacency with Privately Owned Weapons (POWs)**
  - *Make sure you know how to properly operate a POW; read the owner’s manual and take a class*
- **Someone else was present**
  - *Don’t hesitate to intervene when you see a peer, friend or family member handling a weapon inappropriately*



# THINK about it...

## THIS IS A TOY,



**T**reat every weapon as if it is loaded.

**H**andle every weapon with care.

**I**dentify the target before you fire.

**N**ever point the muzzle at anything you don't intend to shoot.

**K**eeP the weapon on safe and your finger off the trigger until you intend to fire.

## THIS ISN'T.





**On average, we lose 3 Soldiers to  
off-duty negligent discharge  
accidents every year**



Other



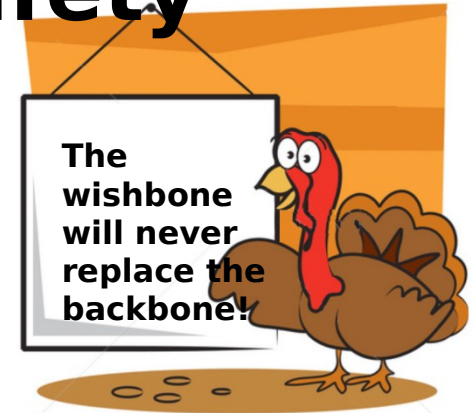
# Safety Tips





# Cooking Fire Safety

Many families gather in the kitchen to spend time together, but it can be one of the most hazardous rooms in the house if you don't practice safe cooking behaviors. Cooking equipment, most often a range or stovetop, is the leading cause of reported home fires and home fire injuries in the United States. Cooking equipment is also the leading cause of unreported fires and associated injuries.



It's a recipe for serious injury or even death to wear loose clothing (especially hanging sleeves), walk away from a cooking pot on the stove, or leave flammable materials, such as potholders or paper towels, around the stove. Whether you are cooking the family holiday dinner or a snack for the children, practicing safe cooking behaviors will help keep you and your family safe.





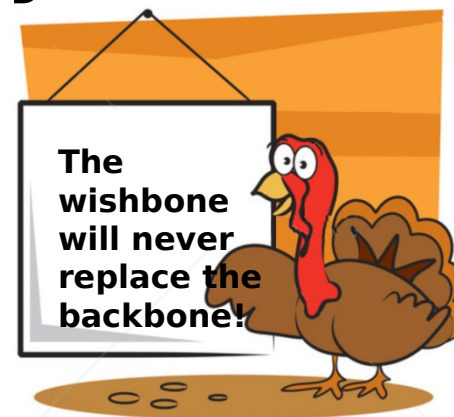
# Cooking Fire Safety, cont'

## Choose the Right Equipment and Use It Properly

Always use cooking equipment tested and approved by a recognized testing facility.

Follow manufacturers' instructions and code requirements when installing and operating cooking equipment.

Plug microwave ovens and other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.



## Watch What You Heat

The leading cause of fires in the kitchen is unattended cooking. Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.

Stay alert! To prevent cooking fires, you have to be alert. You won't be if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.



## If Your Clothes Catch Fire

If your clothes catch fire, stop, drop, and roll. Stop immediately, drop to the ground, and cover face with hands. Roll over and over or back and forth to put out the fire. Immediately cool the burn with cool water for 3 to 5 minutes and then seek emergency medical care.



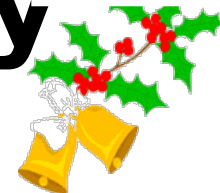
# A Season for Sharing in Fire Safety

Each year fires occurring during the holiday season claim the lives of over 400 people, injure 1,650 more, and cause over \$990 million in damage. According to the United States Fire Administration (USFA), there are simple life-saving steps you can take to ensure a safe and happy holiday. By following some of the outlined precautionary tips, individuals can help prevent a holiday fire.



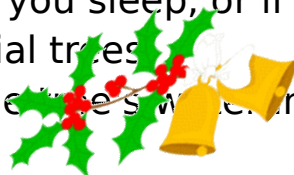


# Christmas Tree Safety



**Consider an artificial tree (they are much safer and cleaner)**

- A real tree should not lose green needles when you tap it on.
- Cut 1 inch off the trunk to help absorb water.
- Leave the tree outside until ready to decorate.
- The stand should hold at least 1 gal. of water.
- A 6' tree will use 1 gallon of water every two days.
- Mix a commercial preservative with the water.
- Check the water level every day.
- Secure the tree with wire to keep it from tipping.
- Keep tree away from floor heaters, fire places, or other heat sources.
- Use only UL-listed lights, and no more than 3 strands linked together.
- Use miniature lights--which have cool-burning bulbs.
- Turn off the Christmas lights when you sleep, or if you leave your home for very long.
- Never use candles, even on artificial trees.
- Clean the tree stand to improve the tree's water intake, use one capful of bleach to a cup of water.
- Dispose of the tree properly.







# Christmas Lights

- Indoors or outside, use only lights that have been tested for safety. Identify these by the label from an independent testing laboratory.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets or repair them before using.
- Fasten outdoor lights securely to trees, house, walls or other firm support to protect from wind damage.
- Use no more than three standard-size sets of lights per single extension cord. Turn off all lights on trees and other decorations when you go to bed or leave the house. Lights could short and start a fire.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and any person touching a branch could be electrocuted! To avoid this danger, use colored spotlights above or beside a tree, never fastened onto it!
- Keep “bubbling” lights away from children. These lights with their bright colors and bubbling movement can tempt curious children to break candle-shaped glass, which can cut, and attempt to drink liquid, which contains a hazardous chemical.



# Fireplace Safety

**Wood burning and gas fireplaces are designed to safely provide years of comfort, warmth and relaxation. To ensure they can do their job, fireplaces require maintenance and proper operation. Before lighting the first fire of the season, there are a few important fireplace safety tips to remember.**

## **PREVENTIVE MAINTENANCE**

- Have the chimney inspected annually, and cleaned as necessary, by a professional chimney sweep to ensure it's clear of obstructions and creosote.
- Have a cap installed at the top of the chimney to avoid the possibility that debris or animals can block the chimney.
- Install both a smoke and carbon monoxide detector. (Make sure the batteries work.)
- Keep a fire extinguisher on hand.
- Make sure the area around the fireplace is clear of furniture, books, newspapers and other potentially flammable materials. (Two feet away is a good rule.)



# Fireplace Safety, cont'

## USING COMMON SENSE



➤ Never burn garbage, rolled newspapers, charcoal or plastic in the fireplace.

➤ Never use gasoline or any liquid accelerant to help start a fire.

➤ Keep small children and pets away from the fireplace.

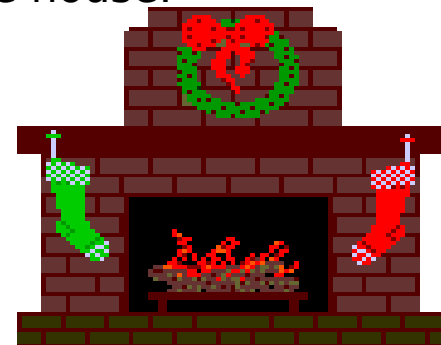
➤ Make sure the fire is completely out before going to bed or leaving the house.

➤ Never leave a fire unattended.

➤ Don't close the damper until the embers have completely stopped burning.

➤ When cleaning the fireplace, store ashes in a non-combustible container with a tightly fitting lid and place the container away from the house.

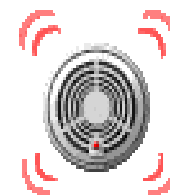
➤ Never burn a Christmas tree in the fireplace.







# Smoke Alarm Safety



- INSTALL smoke alarms inside every bedroom, outside each sleeping area and on every level of the home, including the basement.
- Working smoke alarms cut the risk of dying in reported home fires in half.
- Roughly two thirds of home fire deaths happen in homes with no smoke alarms or no working smoke alarms.

- Smoke alarms should be INSTALLED away from the kitchen to prevent false alarms. Generally, they should be at least 10 feet (3 meters) from a cooking appliance.
- REPLACE all smoke alarms when they are 10 years old.

**AND DON'T  
FORGET.....**

All smoke alarms should be tested at least once a month